

IN THE CLAIMS:

Claims 1-16 (canceled).

Claim 17 (currently amended): A composition comprising (i) carbohydrate; (ii) and peptide material; and in addition, two free amino acids consisting of leucine and phenylalanine, wherein each free additional amino acid is present in an amount in the range of 0.2 to 20 weight percent, calculated on dry matter basis, and wherein each said additional amino acid is distinct from any free amino acid that may be present from the peptide material.

Claim 18 (previously presented): The composition according to claim 17, wherein leucine and phenylalanine are each present in an amount in the range of 1 to 10 weight percent calculated on dry matter basis.

Claim 19 (previously presented): The composition according to claim 17 or 18, wherein said composition contains another free amino acid which is selected from the group consisting of arginine and glutamine.

Claim 20 (previously presented): The composition according to claim 19, wherein at least one of arginine and glutamine is present as an additional free amino acid in an amount in the range of 0.1 to 20 weight percent, calculated on dry matter basis.

Claim 21 (previously presented): The composition according to claim 17, wherein the peptide material is derived from wheat proteins, rice proteins, pea proteins, casein proteins, whey proteins or mixtures thereof.

Claim 22 (previously presented): The composition according to claim 17, wherein said peptide material is obtained by hydrolyzing protein material.

Claim 23 (previously presented): The composition according to claim 22, wherein said peptide material is derived from wheat protein.

Claim 24 (previously presented): The composition according to claim 17 or 21, wherein said peptide material has an average peptide chain length in the range of 20 to 40 amino acids.

Claim 25 (previously presented): The composition according to claim 17 or 21, wherein said peptide material has an average peptide chain length in the range of 3 to 20 amino acids.

Claim 26 (previously presented): The composition according to claim 17, wherein said peptide material is present in an amount in the range of 0.1 to 50 weight percent, calculated on dry matter basis.

Claim 27 (previously presented): The composition according to claim 26, wherein said peptide material is present in an amount in the range of 2 to 25 weight percent, calculated on dry matter basis.

Claim 28 (previously presented): The composition according to claim 17, wherein said carbohydrate material is selected from the group consisting of monosaccharides, disaccharides and oligosaccharides.

Claim 29 (previously presented): The composition according to claim 17, wherein said carbohydrate material comprises a complex edible carbohydrate.

Claim 30 (previously presented): The composition according to claim 29, wherein said complex edible carbohydrate comprises a maltodextrin.

Claim 31 (previously presented): The composition according to claim 17, wherein said carbohydrate material is present in an amount of 10 to 90 weight percent, calculated on a dry matter basis.

Claim 32 (previously presented): The composition according to claim 31, wherein said carbohydrate material is present in an amount of 50 to 80 weight percent, calculated on a dry matter basis.

Claim 33 (previously presented): The composition according to claim 17, wherein said composition further comprises at least one member selected from the group consisting of a vitamin, a flavor, a mineral, a lipid, and a protein.

Claim 34 (previously presented): The composition according to claim 33, wherein said lipid is an emulsifier.

Claim 35 (previously presented): The composition according to claim 17, wherein said composition has the form of an isotonic beverage or sports bar.

Claim 36 (original): The composition according to claim 17, wherein said composition contains 10 to 90 weight percent of said carbohydrate, 0.1 to 50 weight percent of said peptide material, and 0.2 to 20 weight percent of each free amino acid, said weight percent being calculated on a dry matter basis.

Claim 37 (currently amended): The composition according to claim 24 23, wherein said composition contains 10 to 90 weight percent of said carbohydrate, 0.1 to 50 weight percent of said peptide material, and 0.2 to 20 weight percent of each free amino acid, said weight percent being calculated on a dry matter basis.

Claim 38 (previously presented): The composition according to claim 33, wherein said composition contains 10 to 90 weight percent of said carbohydrate, 0.1 to 50

weight percent of said peptide material, and 0.2 to 20 weight percent of each free amino acid, said weight percent being calculated on a dry matter basis.

Claim 39 (currently amended): A method of feeding comprising enterally administering a composition according to claim ~~17, 36, 37 or 38~~ to a human.

Claim 40 (currently amended): A method of enhancing the blood insulin level comprising administering a composition according to claim ~~17, 36, 37 or 38~~ to a human during or following physical exercise.

Claim 41 (previously presented): The composition according to claim 17, wherein leucine and phenylalanine are each present in at least about 7 wt.%, calculated on a dry basis.

Claim 42 (new): A method of enhancing the blood insulin level comprising administering a composition according to claim 17, 36 or 38 to a human during or following physical exercise.

Claim 43 (new): A method of feeding comprising enterally administering a composition according to claim 17, 36 or 38 to a human.